

## Where to go from here...

If you feel like you're ready to make a change in your life, then the tips we've shared are a great start.

But where you go from here is really up to you. You may want to seek support to tackle something specific – like quitting smoking. Or you may want to start making small changes to lots of different parts of your lifestyle, to generally improve your health and wellbeing. Whatever it is, you'll find advice and assistance ready and waiting any time you need.

Even small changes can make a big difference...

After just two weeks of not smoking your circulation can improve.

Giving you a healthy steer

To help you live and stay well

Eating your five a day can help reduce your risk of heart disease.

Having more alcohol-free days

...can help you sleep better, and wake up more easily.

Cancer screening saves thousands of lives in England each year

Screening can detect cancer at an early stage. If cancer is picked up early, it means that treatment is more likely to work and more people survive.

### DON'T BE AFRAID TO ASK FOR HELP

We can point you in the right direction for support near you. Being realistic and setting achievable goals will help make sure you create the kind of changes that really work for you.

Keep in touch with friends and family.

Catching up with someone close once a week has real mental health benefits.

A brisk 30-minute walk will burn around 100-300 calories.

In the UK there are national screening programmes for bowel, breast and cervical cancer.

For more information on cancer screening please visit

[www.gov.uk/topic/population-screening-programmes](http://www.gov.uk/topic/population-screening-programmes)

[www.nhs.uk/conditions/nhs-screening](http://www.nhs.uk/conditions/nhs-screening)

MECC

making every contact count

Helping you to make positive health and wellbeing choices

# Simple changes to help you get more out of life

We all make lots of lifestyle choices every day, often without thinking about them. It's easy to treat ourselves and worry about the consequences later. But all these choices add up and can increase the likelihood of being unwell later in life.

Small changes can make a really big difference in making you feel better and avoiding preventable illnesses. So let us point you in the right direction.

## HEALTHY POINTERS

Making a real change to your wellbeing is a lot easier than you think.

Here are some easy pointers that you can follow yourself to get you started. If you'd like more personalised expert support, there are lots of local organisations waiting to help. All you have to do is ask.



Daily stress and other factors can easily lead to a low mood or something more serious. But there are lots of small things you can do to look after your mental wellbeing.

### Tips to benefit mental wellbeing:

1. Get plenty of sleep – it helps start the day more energised and positive
2. Do things that make you happy – make time for you
3. Get outside – sunlight has extremely positive effects on our mood
4. Ask for help – there's no need to suffer in silence

FOR SUPPORT:.....



Eating well is better for your waistline, and it helps to make sure you're getting the nutrients you need to live and feel your best.

### Tips to eat well:

1. Fruit and veg can be fresh, dried, frozen or canned
2. Ditch the salt – reducing salty foods helps prevent heart disease and strokes
3. Go light – switch to lower fat options, such as light mayonnaise
4. Watch out for high sugars in 'low fat' products, like breakfast cereals

FOR SUPPORT:.....



Quitting smoking is one of the best things you can do for your health and wellbeing. It will save you money, and possibly improve your sense of taste and smell too.

### Tips to stop smoking:

1. You're four times more likely to quit permanently with support
2. Keep what matters to you in mind – like your kids or long-term health
3. Most people who quit save £250 a month!
4. Avoid your 'triggers' – when are you most likely to want to smoke?

FOR SUPPORT:.....



Start living a more active life by moving more – and enjoy the many health benefits, from feeling better to losing weight.

### Tips to get more active:

1. Start small – if you can only do 10 minutes for now, do that.
2. What about a walk? Walking is a great way to get active and it's free!
3. Can you sing while you're exercising? If not, you've got your level about right
4. Forget what others do – just stay active in the way that works for you

FOR SUPPORT:.....



Lots of us enjoy alcohol now and then to relax, but cutting back a bit can have all kinds of benefits to your health, mood and sleep.

### Tips to reduce alcohol:

1. Try having one or two more drink-free days every week
2. Have one or two less drinks than you normally would
3. Downsize your drink, for instance swap pints for bottles
4. Try a mixer – it reduces the calories too

FOR SUPPORT:.....